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Northwest Territories Premier Bob McLeod listens as Premier Brad Wall responds to questions during a press conference for the Western Premiers' Conference in Winnipeg on Monday. Wall said progress can be made on energy issues, even without an official national strategy. JOHN WOODS/THE CANADIAN PRESS

Wall pushes energy issues

Western Canada premiers' conference.

'There's a lot of interest' in further developing hydro transmission lines between Manitoba and Saskatchewan: Premier

ROSS ROMANIUK
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Premier Brad Wall says Saskatchewan and other provinces should act more like the collective energy "superpower" that Canada is, and find ways to improve the transfer and transmission of oil and hydro-electricity.

At a meeting of Western Canada's premiers on Monday in Winnipeg, energy was on the agenda as the provincial leaders discussed the potential of a possible west-to-east oil pipeline.

Progress can be made on energy issues, Wall told reporters, even without an official national strategy.

"Maybe we just should simply as provinces identify specific projects that we know are good for Canada. We're an energy power, and we need to act like it," he said after the premiers formally addressed the media.

"That means transporting energy. So let's pick some spots where we can win on that equation. I think a west-east pipeline is a good example. A western grid is. I'm still in favour of, someday, a northern route because it would be nice to get that oil to market."

However, the proposed, controversial Northern Gateway pipeline that would carry Alberta oilsands bitumen through B.C. to West Coast tankers reportedly did not come up during the premiers' discussion.

TransCanada Corp. is considering whether to convert an existing 3,000-kilometre natural-gas pipeline to carry crude oil into Quebec, with the possibility of a 1,400-kilometre extension to Saint John, N.B.

Wall added, as well, that "there's a lot of interest" in further developing hydro transmission lines between Saskatchewan and Manitoba.

"We've been talking to Manitoba in detail about what's possible, especially in the northern parts of our respective provinces.... I think you're going to see some progress. I think you're going to see potentially some details come out here before the end of the summer," Wall said.

"What's possible between Manitoba and Saskatchewan in terms of hydro-electricity, that's what we should be focusing on — (and) what's possible between the western provinces and Atlantic Canada. Moving Canadian oil and ensuring Eastern Canada can access ... more economical hydrocarbons than they could from Venezuela. That makes sense to me, and I think that's when Canadians get behind this national energy approach."

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Oct. 2

Drake coming to Saskatoon

The former Degrassi: The Next Generation actor turned rap mega-star has announced his fall tour dates including a stop at Credit Union Centre on Oct. 2. He'll be joined by Miguel and Future for the date. Other cities on Drake's fall tour include: Vancouver, Calgary, Edmonton, Winnipeg, Montreal and Ottawa.

Drake at the 2013 Much Music Video Awards. THE CANADIAN PRESS

Tickets for the show in Saskatoon go on sale Friday at 10 a.m. METRO

Police dog dead

Manitoba RCMP vehicle hit near Saskatoon

A two-vehicle collision north of Saskatoon involving a Manitoba RCMP vehicle and a pickup truck has left both drivers in hospital and one police dog dead.

The crash happened at approximately 6:15 Friday evening on Highway 16 north of Saskatoon between a Chevy 3/4 pickup truck and the RCMP police-services dog-unit Suburban, carrying two police dogs. The lone driver of the truck and the RCMP male dog handler were both transported to hospital, and the RCMP member has remained there with serious injuries.

The two police dogs were taken to Saskatoon University emergency unit, where one received treatment and the other was euthanized due to serious injuries. METRO

Art Dagenais

Father of convicted RCMP killer not guilty of mischief

Art Dagenais, father of convicted RCMP killer Curtis Dagenais, has been found not guilty of mischief in Saskatchewan provincial court. The Crown alleged he refused to leave prison property after being asked.

THE CANADIAN PRESS/CKBI

Sask. female footballers well represented on Team Canada

Nine Valkyries, six Riot. Fifteen players from Saskatchewan WWCFL teams on Team Canada roster

Jeff Yausie, head coach of the Saskatoon Valkyries, will lead Team Canada at the upcoming International Federation of American Football (IFAF) Women's World Championship — and he's taking many Saskatchewan players with him.

A total of 15 players from Saskatchewan's two teams in the Western Women's Canadian Football League — nine from the Valkyries and six from the Regina Riot — have made the cut for Team Canada. But despite Saskatchewan's strong showing on the 45-player roster, Yausie said it's important to look ahead.

"It's funny because you focus on your team and your league and everything else, and really that's what we've been doing up to this past weekend," he said. "But now we've got to focus on Team Canada. It's got nothing to do with Saskatchewan players or Quebec players.... We've all got to come together."

Facing Germany, Sweden, Spain, Finland and the United States, competition at the tournament will be fierce. The Saskatchewan players, though, appear ready to tackle the pressure.

"It's really an honour to wear the Maple Leaf and represent your country on an international stage, especially doing something that you love to do," said Valkyries player Jessie Buydens, an offensive lineman for Team Canada.

Claire Doré of the Riot, a slotback with Team Canada, echoed Buydens' excitement.

"Particularly for us as women football players in such a new sport," Dore said, "that we can champion this cause and bring equality to women's sport in a new way, is just incredible."

The tournament will run from June 30 to July 6 in Vantaa, Finland. MORGAN MODJESKI/METRO

Quoted

"It's really an honour to wear the Maple Leaf and represent your country.... It's not something people get to do very often."

Valkyries player Jessie Buydens, offensive lineman for Team Canada

Jessie Buydens, left, a Saskatoon Valkyries player and offensive lineman for Team Canada, runs to give support against the Regina Riot during a May 26 game. Buydens is one of 15 players from Saskatchewan WWCFL teams on the Team Canada roster. MORGAN MODJESKI/METRO

City looks to double green-bin recycling subscriptions

The city's leaf- and grass-recycling program, which uses green bins, could be doubled by this time next year. JANE CAULFIELD/METRO

The City of Saskatoon is looking to help your garden grow with a plan to sell bags of compost and increase the number of available subscriptions for the leaves and grass program.

A report delivered to city's administration and finance committee outlines a plan that will see the city offering compost and mulch materials at a rate of $5 per 20 litre bags, scheduled to be on sale over three weekends in July.

"Residents using the compost depots have indicated the desire for finished compost to be sold back to the community," said Brenda Wallace, environmental services branch manager.

The same report also proposes the city double the number of subscriptions to the leaves-and-grass program, which is subsidized, totalling the number of available subscriptions to 6,000, up from 3,000. The increase of subscriptions means the money the city spends on the program's subsidy will jump up to $332,000 from $188,000. However, aiming to limit the financial burden the city is proposing a $5 increase to the annual subscription fee topping out residential costs at $55.

"I'm excited (the city) will be looking to increasing the number of green bins," said Coun. Ann Iwanchuk. "I hear on a very regular basis 'How do I get one' and unfortunately we have to ... say, 'Sorry, we can't afford one for you' or 'You're too late,' so I think this is great."

The final approval, including the compost program and fee increases, will be made by city council at its next meeting on June 24. JANE CAULFIELD/METRO

With the SaskTel Saskatchewan Jazz Festivall gearing up to start in just a few days, it's time you start planning out your musical adventure. We here at Metro compiled a list of the top five things to check out that won't cost you a dime.

JANE CAULFIELD
jane.caulfield@metronews.ca

5 Free things to see at this year's jazz festival

1 24th Street Wailers

With hair the colour of fire, this band's lead singer also keeps the band in time on the drums while they play their '50s-esque rockabilly style of music. Hailing from Toronto, this band gets to the heart of rock, playing music that will get you up on your feet. They play the Potashcorp Club Jazz stage June 24 at 7 p.m.

2 Young Benjamins

With the recent release of their album Less Argue, this local indie-rock band is making waves these days. The Young Benjamins combine classic harmonies with intriguing lyrics, making them a free-stage must-see suitable for the whole family. They play on June 24 at the Potashcorp Club Jazz Stage at 7 p.m. and the Spadina Freehouse stage at 10:30 p.m.

3 Absofunkinlutely

This band has been playing the local scene for years and there's a reason they've managed to stick around. This band channels the classic-rock sounds of the 1960s in a way that will get any crowd moving. You can check them out on June 23 at the Spadina Freehouse stage at 10:30 p.m. and on Canada Day at the Potashcorp Club Jazz stage at 5 p.m.

4 Jack Semple Horn Band

If you're feeling bluesy this jazz fest, head over to the Potashcorp Club Jazz stage on June 27 at 9 p.m. for the Jack Semple Horn Band. When he's not busy scoring soundtracks for film and television, Semple gets busy writing — and performing — his unique brand of the blues.

5 Royal Wood

He's performing at the Broadway Theatre, but this Canadian music darling is also slated to appear June 25 at the Potashcorp Club Jazz stage at 9 p.m. Known for driving melodies and intricate piano parts, Royal Wood has quickly become one of this country's renowned artists and to see him for free is a real treat.

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Calgary. Mother and her newborn evicted from 'adults-only' building

She's been a mom for mere days, but now Lenora Belanger is facing the daunting task of finding a new home.

The 28-year-old has been informed by resident managers at Calgary's southwest Colonial Manor that the building is for "adults only" and she must get out no later than Tuesday — the actual day little Faith Belanger was expected to be born.

After going through labour Thursday, Lenora said she's not even able to help pack boxes, relying heavily on her 63-year-old mother Elaine Belanger to co-ordinate a temporary move into a relative's place.

"We were only asking for another month," she said. "There was nothing available in July, but we found a number of places for August."

Lenora said she, her mother and partner suffer from financial hardship. During the pregnancy, they had attempted to find a place through the Calgary Housing Company, but the most recent letter from the organization indicates they are on a "low-priority" wait list.

Susan Coombs with the Alberta Human Rights Commission confirmed landlords are allowed to run adults-only properties; however, the practice is barred in Ontario and legal rulings in B.C. and Nova Scotia have also found such regulations unreasonable.

Resident Manager Rick Gravestock said he's simply following the rules, adding the Belangers refused to pay their rent for June after learning of the eviction.

JEREMY NOLAIS/METRO IN CALGARY

Anxiety

"This has been really hard on my health. I don't know what we're going to do."

New mother Lenora Belanger

Lenora Belanger and her newborn, Faith. The pair, along with mother Elaine, are expected to have cleared out of their "adults-only" manor in Calgary no later than Tuesday. JEREMY NOLAIS/METRO

Royal in recovery

Prince Philip leaves hospital

Britain's Prince Philip was discharged from hospital on Monday, 10 days after undergoing exploratory surgery on his abdomen.

Philip, who turned 92 last week, had an operation under general anesthetic on June 7.

He has suffered heart and bladder problems in the past, but officials have not released details about his current condition.

The palace said the prince is expected to spend two months convalescing.

THE ASSOCIATED PRESS

Of planes and pens

F-35 maker inks deal with flight-sim company

The U.S. manufacturer of the oft-maligned F-35 has signed a deal with a leading Canadian maker of flight simulators in anticipation of the Harper government choosing to stick with the controversial stealth-fighter program.

The deal between Lockheed Martin and CAE was announced as associate defence minister Kerry-Lynne Findlay declared that no decision has been made on replacing the existing fleet of CF-18s. THE CANADIAN PRESS

'Trust me' mayor nabbed for bribery

Montreal. Special police unit arrests two others for corruption, is investigating suicide

The replacement Montreal mayor, who recently took office amid a corruption scandal and who promised to restore public trust, has been arrested in a bribery case.

Mayor Michael Applebaum was picked up at his home on Monday by Quebec's anti-corruption unit as part of a broader investigation.

There were widespread calls for Applebaum's resignation as he was slapped with 14 charges, including fraud, conspiracy, breach of trust and corruption in municipal affairs.

Just seven months ago he ascended with a promise to lead Montreal out of its era of sleaze.

"We will regain the confidence of our citizens," Applebaum said at the time.

The charges stem from alleged acts that occurred between 2006 and 2011, before he became mayor, relating to real-estate projects in the west-end borough Applebaum led.

Police said they believe bribes were paid to influence zoning and permit decisions.

"We can no longer tolerate these reprehensible acts," Robert Lafreniere, head of the provincial police anti-corruption squad, said on Monday.

Also arrested was a former employee of the Harper government.

Saulie Zajdel — nicknamed the "Shadow" MP, as the Tories hoped to gain a foothold in Montreal in 2011 — faces five charges including bribery, breach of trust, fraud and corruption.

An investigative report by the French CBC said the third man arrested Monday, borough official Jean-Yves Bisson, once admitted to having discussed a condo project with figures linked to the Mafia.

Police also confirmed that the recent suicide of Robert Rousseau, a permits-and-inspections official at the Cote-des-Neiges-NDG borough, is part of their investigation.

At the time of Rousseau's death in March, the French CBC reported that he had been interrogated by police the previous day about the same condo project. THE CANADIAN PRESS

Montreal Mayor Michael Applebaum rose to his position with a promise to rebuild trust. RYAN REMIORZ/THE CANADIAN PRESS

Americans have a laugh

There was a particularly humorous reaction in the U.S., where Toronto Mayor Rob Ford's ongoing troubles have provided considerable fodder for comedians.

- **The Atlantic magazine ran a story on its website titled:** "What the Heck Is the Matter with the Mayors of Canada?" The article began: "So a Canadian mayor was arrested Monday and, no, it was not the one you expect."
- **There was a similar response on the Gawker website:** "A major Canadian city woke up to find out that its mayor had been arrested at his home," began a post, "and it wasn't even the guy who smoked crack on video!" — an allegation about Toronto's mayor that has not been proven.

U.S. does not spy on Canadians: Ambassador

U.S. ambassador David Jacobson
THE CANADIAN PRESS FILE

In his nearly four years as U.S. President Barack Obama's envoy to Canada, David Jacobson has always stressed his desire to bring Americans and Canadians closer.

But in the wake of intense debate over the U.S. National Security Agency collecting large swaths of data on its citizens from major Internet companies, Jacobson makes one large distinction.

"The United States does not spy on Canadian citizens," Jacobson told The Canadian Press on Monday.

Leaked NSA documents obtained by Britain's Guardian newspaper disclosed how the top-secret program called Prism has given the U.S. government access to a huge cache of digital information.

That has sparked a probe by Canada's privacy commissioner, Jennifer Stoddart, about the implications of that U.S. program for Canadians.

"The United States government respects privacy, they respect individual liberties," Jacobson said.

"Quite frankly, these are concepts that in large measure were invented in my country. We care very much about them."

THE CANADIAN PRESS

Health-care cuts for refugees puts public 'at risk,' says doctor

One year later.
Feds' decision to overhaul medical coverage is putting refugees, Canadians in harm's way, argue advocates and doctors

Public health and the public purse are in danger because of cuts to refugee health funding, doctors and refugee advocates said Monday as they protested the cuts across the country.

The federal government overhauled the health-care coverage it provides to refugees and refugee claimants one year ago as part of a cost-cutting measure it also said was designed to make Canada less vulnerable to fake asylum claims by curbing access to free health care.

But the changes have thrown the health-care support system for refugees into chaos, creating uncertainty for health-care providers and refugees alike, advocates said.

The result has been a patchwork approach to treating refugees and refugee claimants that's hurting some of the most vulnerable people in Canada, said Dr. Doug Gruner of Canadian Doctors for Refugee Care.

"If they've got a cough, it could be tuberculosis but we're never going to know because they're not going to the doctor," Gruner said Monday.

"But they are going to the playgrounds, the schoolyards and the shopping centres, putting the rest of us at risk." THE CANADIAN PRESS

Dr. Caroline Walker, left, and Dr. Jesleen Rana put up signs in Toronto. Medical professionals and supporters protested the federal government's cuts to refugee health care on Monday. TORSTAR NEWS SERVICE/RICHARD LAUTENS

Soaring costs

Until the changes to the interim health-care program last year, all refugees and refugee claimants received the same amount of supplemental health-care coverage from the federal government.

- The program was meant to bridge the gap between a refugee's arrival in Canada and their ability to qualify for provincial coverage.
- In 2006-2007, coverage cost taxpayers $48.3 million, but in 2011-2012 those costs grew to $82.9 million as the number of refugee claims soared, statistics provided Monday by Citizenship and Immigration show.

Red Cross. Loophole in Canadian bill on cluster bombs raises concerns

Norway and the International Committee of the Red Cross are raising concerns about pending legislation from the Harper government that would make Canada a full member of a treaty to ban deadly cluster bombs.

Their questions represent a significant addition to a growing list of international organizations and foreign governments that say a loophole in Canada's bill would undermine the Convention on Cluster Munitions.

Canada signed the convention in 2008, but the legislation to ratify it was only introduced last year and is still before Parliament. Canada led the international effort beginning in 1996 to spearhead the treaty known as the Ottawa Convention that banned landmines.

Cluster bombs are the grim cousin of landmines in the arsenal of anti-personnel weapons. A single large bomb scatters hundreds of smaller, baseball-sized bomblets over a wide area. They pose a massive hazard to thousands of innocent civilians, especially children, who have been maimed or killed in some two dozen post-war countries. An estimated 10 to 40 per cent of the brightly coloured submunitions fail to explode immediately, lying dormant but deadly, in some cases, for decades.

The sharpest criticism has been reserved for a loophole in the bill that allows Canadian Forces personnel to be involved in the use of cluster bombs through joint operations with countries that haven't agreed to the ban — primarily the United States. THE CANADIAN PRESS

Activists and international delegations stand next to cluster bomb units during a visit to Lebanon in this file photo. MOHAMMED ZAATARI/THE ASSOCIATED PRESS

Global effort

Canada joins group battling child sexual abuse online

Canada is joining a group fighting online child sexual abuse around the world, Justice Minister Rob Nicholson said Monday, calling it the next step in the government's crackdown on child sex predators.

The Global Alliance Against Child Sexual Abuse Online was started last December to help authorities better identify and assist victims of abuse and prosecute culprits. THE CANADIAN PRESS

Sandy Hook fallout

Southern governors court Connecticut gun manufacturers

The governors of Texas and South Dakota visited Connecticut on Monday to court gun manufacturers that have threatened to leave since the state passed tough new gun-control laws this year in response to the massacre at Sandy Hook Elementary School. THE ASSOCIATED PRESS

Star speaks out

Streisand criticizes treatment of women by ultra-Orthodox Jews

Entertainer Barbra Streisand waded into one of Israel's touchiest issues Monday on the first major stop of her tour of the country — Jewish religious practices that separate men and women.

Speaking at the Hebrew University of Jerusalem on Monday, where she received an honorary doctorate, she took aim at cases of ultra-Orthodox Jews targeting women, even as she warmly praised the country. THE ASSOCIATED PRESS

Journalists freed

Al-Jazeera crew detained in Niger is released

A team of Al-Jazeera journalists was released late Monday after being detained for three days in eastern Niger, where they were held in a prison cell, according to a statement from the Qatar-owned network. THE ASSOCIATED PRESS

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Riding the revolutionary wave, with their guitars in hand

Stepping up and stepping out. After decades of activism by Grup Yorum, an adoring audience is finally in sync with the band's revolutionary message

ELISABETH BRAW
Metro World News in Istanbul

Long before anybody thought of occupying Gezi Park, Grup Yorum protested against the "oppressive" Turkish government in its songs. METRO WORLD NEWS

The door testifies to the kind of visitors who tend to turn up here: It's made from heavy steel. Yes, the police raid this house every so often. That's because its residents are not just the stars of Taksim Square but also Turkey's most prominent revolutionaries, period.

"Right now three of our members, including my wife, are in jail," Cihan Keskek tells me as he shows me around the house here in the lower-class neighbourhood of Ortaköy where he and his bandmates live in a commune. Yes, this is a Communist band. In fact, in their songs, Grup Yorum propagate a Marxist revolution. "Protest isn't enough," says Keskek, who plays a traditional Turkish instrument similar to a guitar or banjo. "We need a revolution."

Long before anybody thought of occupying Gezi Park, Grup Yorum protested against the "oppressive" Turkish government in its songs, often including writings by leaders like Che Guevara. In addition, the band and a core group of supporters — who also live and work here in this 20-member commune — produce a Communist magazine. On the ground floor they run a café, where guests can peruse radical literature and help themselves to mini-guitars, carved in wood by jailed band members.

But the musicians have paid dearly for their activism. Since the band's inception in 1985, members and supporters have been sent to jail more than 400 times, according to their own calculations. Members report that during their regular visits to the commune, police officers destroy the interior, particularly the group's recording studio. Every time the group buys new equipment and builds a new door.

For a long time, Grup Yorum's revolt was a lonely one. People were afraid to attend Grup Yorum's concerts. Media didn't dare to write about the band. But all of a sudden that has changed. Recently Grup Yorum played to some 55,000 fans in Istanbul. They play to rapturous audiences in Gezi. Reflects Keskek: "Now people have passed their fear threshold."

Outside the commune, two members document the revolution, speaking with local residents. They take me to a city park, the Sibel Yalcin Park (named after a female member killed by the police), which Grup Yorum has taken from the city and now operates: No fear there either. The folk music group could celebrate its improbable PR victory over the government.

Rockin' against regimes

1. **Hamada Ben Amor, a.k.a El General:** Hero of Tunisian uprising
2. **Ramy Essam:** Wrote the Jan. 25 theme song of the Tahrir Square revolution
3. **Y Crew:** Egyptian revolutionary hip-hoppers
4. **DARG (Da Arabian Revolutionary Guys):** Gaza's leading hip-hop group

Ivan Martínez Acuña, unemployed at age 52, plays a guitar and sings Todos Juntos, written in 1972 by renowned Chilean folk rock band Los Jaivas, in the cafeteria of a shelter at the indoor stadium Estadio Victor Jara in Santiago, Chile. The plaque on the wall is dedicated to the singer Victor Jara, who was tortured in this detention centre 40 years ago. BRITTANY PETERSON/THE ASSOCIATED PRESS

Detention centre reborn as homeless shelter

Just days after Chile's bloody 1973 military coup, popular songwriter and theatre director Victor Jara was dragged down to the basement of an indoor stadium that had been converted into a detention and torture centre.

The new government considered Jara, a member of the Communist Party, an enemy. Many people believe he could have served as a powerful voice against the dictatorship of Gen. Augusto Pinochet.

But Jara's life was cut short inside the scraped concrete walls of a locker room now guarded behind a heavy red door. Pinochet's agents beat his head and shot his body with 44 bullets.

Four decades later, eight former army officers have been charged with Jara's murder. And the infamous Chile Stadium, now renamed Victor Jara Stadium, has become Chile's largest homeless shelter, housing about 500 people a night during the biting Chilean winter.

"For me, it's a miracle to be here where they are now giving shelter and food to everyone and where they killed Victor Jara," said Ana Luisa Villaroel, 78, who lived through the dictatorship.

"I think Victor Jara would be happy to know that this stadium bears his name and that it's helping alleviate the undignified conditions that many Chileans live through because of poverty," said Lorena Fries, the director of Chile's official Human Rights Institute.

"He was always involved in the social struggles of those in need, so he would approve this."

THE ASSOCIATED PRESS

Chilean reprieve

- The shelter is also used as venue for table tennis, indoor soccer and basketball.
- A census of the homeless says 12,225 people were living on the street last year. The number of homeless people who died on the street because of the cold fell from 150 in 2010 to 28 last year.

Taking up space

Women make up half of NASA's newly recruited astronauts

The U.S. space agency has eight new astronauts — its first new batch in four years.

Among the lucky candidates: The first female fighter pilot to become an astronaut in nearly two decades. A female helicopter pilot also is in the group. In fact, four of the eight are women, the highest percentage of female astronaut candidates ever selected by NASA.

Monday's announcement came on the eve of the 30th anniversary of the launch of the first American woman in space, Sally Ride. She died last summer. THE ASSOCIATED PRESS

Auckland, N.Z.

Locked-out man survives highrise clamber and fall

A man was recovering in a hospital Monday after surviving a plunge from the 15th floor of his New Zealand apartment building.

Police said when the 20-year-old man discovered he was locked out of his 14th-floor unit, he decided to try and scale down the outside of the building from an apartment directly above his. Police said he was trying to land on his balcony when he fell, landing on the roof of an adjacent building far below.

He was at first listed in critical condition but had improved Monday to a satisfactory condition.

THE ASSOCIATED PRESS

Calculated moves

China petaflops its way to supercomputer stardom

China has built the world's fastest supercomputer, almost twice as fast as the previous U.S. holder and underlining the country's rise as a science and technology powerhouse.

The TOP500 listing of the world's fastest supercomputers released Monday says the Tianhe-2, which means Milky Way-2, developed by the National University of Defence Technology in central China's Changsha city is capable of sustained computing of 33.86 petaflops per second. That's the equivalent of 33,860 trillion calculations per second.

THE ASSOCIATED PRESS

NSA leaker Snowden hits back at American critics

Intelligence. In web chat, man in hiding remains defiant over decision to release secret documents

Edward Snowden, the National Security Agency leaker, defended his disclosure of top-secret U.S. spying programs in an online chat Monday with The Guardian and attacked U.S. officials for calling him a traitor.

"The U.S. government is not going to be able to cover this up by jailing or murdering me," he said. He added the government "immediately and predictably destroyed any possibility of a fair trial at home" by labelling him a traitor, and indicated he would not return to the U.S. voluntarily.

Congressional leaders have called Snowden a traitor for revealing once-secret surveillance programs two weeks ago in The Guardian and the Washington Post. The National Security Agency programs collect records of millions of Americans' telephone calls and Internet use as a counterterror tool. The disclosures revealed the scope of the collections, which surprised many Americans and have sparked debate about how much privacy the government can take away in the name of national security.

THE ASSOCIATED PRESS

Edward Snowden, who worked as a contract employee at the U.S. National Security Agency, is seen in Hong Kong on June 9. Snowden defended his actions in a live chat with The Guardian newspaper on Monday. THE GUARDIAN/THE ASSOCIATED PRESS FILE

Quoted

"Being called a traitor by Dick Cheney is the highest honour you can give an American."

Edward Snowden

Fallout. Report of British snooping on foreign diplomats raises hackles

A newspaper report that British eavesdropping agency GCHQ repeatedly hacked into foreign diplomats' phones and emails has prompted an angry response from traditional rival Russia and provoked demands for an investigation from Turkey and South Africa.

Although spying on diplomats is as old as diplomacy itself, The Guardian's report laid out in explicit detail steps taken by GCHQ to monitor foreign officials' conversations in real time, saying that British spies had hacked emails, stolen passwords and gone so far as to set up a bugged Internet café in an effort to get an edge in high-stakes negotiations.

The Guardian cited more than half a dozen internal government documents provided by former NSA contractor Edward Snowden as the basis for its reporting on GCHQ intelligence operations, which it says involved, among other things, hacking into the South African Foreign Ministry's computer network, targeting the Turkish delegation at the 2009 Group of 20 summit in London and using the vast spying base at northern England's Menwith Hill to monitor the satellite communications of Russian leader Dmitry Medvedev.

Russians responded angrily.

"It's a scandal! The U.S. and British special services tapped Medvedev's phone at the 2009 G20 summit. The U.S. denies it, but we can't trust them," Alexei Pushkov, the chief of the foreign affairs committee in the lower house of Russian parliament, wrote on his Twitter feed Monday. THE ASSOCIATED PRESS

No comment

Speaking at the G8 summit, U.K. Prime Minister David Cameron declined to address the issue.

- "We never comment on security or intelligence issues and I am not about to start now," he said.

Syria

Be wary of arming rebels: Assad

Syria's president warned that Europe "will pay a price" if it delivers weapons to rebels fighting to topple him, saying in an interview published Monday that arming them would backfire as the "terrorists" return to their countries with extremist ideologies.

Bashar Assad's comments were his first since Friday's decision by the U.S. to authorize weapons and ammunition shipments to Syrian rebels.

THE ASSOCIATED PRESS

Alleged harassment

Students seek asylum in Uganda

Sixteen Rwandan students are seeking asylum in Uganda, saying they are the victims of harassment by security officials back home for refusing to join a Congolese rebel movement that allegedly recruits inside Rwandan territory.

The allegations are the latest sign that the Rwandan government is the not-so-secret backer of the M23 rebel group in Congo.

THE ASSOCIATED PRESS

G8. Obama, Putin agree to pursue Syrian peace talks despite differences

Russian President Vladimir Putin told U.S. President Barack Obama on Monday that their positions on Syria do not "coincide," but the two leaders said during the G8 summit that they have a shared interest in stopping the violence that has ravaged the Middle Eastern country during a two-year-old civil war.

Obama acknowledged in a bilateral meeting with Putin in Northern Ireland that they have a "different perspective" on Syria but he said that both leaders wanted to address the fierce fighting and also wanted to secure chemical weapons in the country. The U.S. president said both sides would work to develop talks in Geneva aimed at ending the country's bloody civil war.

While Putin has called for negotiated peace talks, he has not urged Syrian President Bashar Assad to leave power, and he remains one of Assad's strongest political and military allies.

THE ASSOCIATED PRESS

U.S. President Barack Obama meets with Russian President Vladimir Putin in Enniskillen, Northern Ireland, on Monday. They discussed the ongoing conflict in Syria during their bilateral meeting. EVAN VUCCI/THE ASSOCIATED PRESS

SALES REPRESENTATIVE

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

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metro

Apple has joined other firms in releasing figures on data requests from U.S. government agencies. AFP/GETTY IMAGES FILE

Apple discloses U.S. government request figures

Privacy. Firm received thousands of demands from law enforcement over past six months

Apple says it received between 4,000 and 5,000 requests from U.S. law enforcement for customer data for the six months ended in May.

The company, like some other businesses, had asked the U.S government to be able to share how many requests it received related to national security and how it handled them. Those requests were made as part of Prism, the recently revealed highly classified National Security Agency program that seizes records from Internet companies.

THE ASSOCIATED PRESS

Common requests

- Apple said that the most common form of request came from police investigating robberies and other crimes, searching for missing children, trying to locate a patient with Alzheimer's disease, or hoping to prevent a suicide.

Fast-food firms engineer that homemade look

Here's the latest goal for food makers: Perfect the art of imperfection.

When stretching out the dough for its premium Artisan Pizzas, Domino's workers are instructed not to worry about making the rectangles too perfect: The pies are supposed to have a more rustic look.

At McDonald's, the egg whites for the new breakfast sandwich called the Egg White Delight McMuffin have a loose shape rather than the round discs used in the original Egg McMuffin.

And Kraft Foods took more than two years to develop a process to make the thick, uneven slabs of turkey in its Carving Board line look like leftovers from a homemade meal rather than the cookie-cutter ovals typical of most lunchmeat.

"The goal is to get the same action as if you were cutting with a knife," said Paul Morin, a Kraft engineer.

Food companies are responding to the adage that people eat with their eyes. Americans still love their fast food and packaged snacks, but they're increasingly turning their noses up at foods that look overly processed. Home-cooked meals — or ones that at least look like they were homemade — are seen as more wholesome and authentic.

The result is that companies are tossing out the identical shapes and drab colours that scream of factory conveyor belts.

There's no way to measure exactly how much food makers are investing to make their products look more natural or fresh. But adaptation is seen as necessary for fuelling steady growth.

THE ASSOCIATED PRESS

Kraft Foods took more than two years to make the slabs of turkey in its Carving Board line look like leftovers from a homemade meal. KRAFT FOODS

Real estate. Consulting firm buys Masonic Temple

Toronto's storied Masonic Temple has found a new owner in an Ontario-based technology consulting firm after Bell Media decided to sell the former concert hall earlier this year.

Info-Tech Research Group says it has paid $12.5-million for the historic building, which was most recently home to MTV Canada and previously hosted famous rock bands like the Rolling Stones and Led Zeppelin.

Info-Tech, which is headquartered in London, Ont., will renovate the six-storey building on Yonge Street to accommodate its Toronto satellite office.

Joel McLean, the company's president and CEO, says Info-Tech wanted a space that could house its employees, but also impress visitors from outside the country. "We're consistently inviting company after company into Toronto (and) we wanted something that was spectacular to come see," he says. THE CANADIAN PRESS

London's Info-Tech Research Group has bought the historic Masonic Temple building in downtown Toronto, which was most recently home to MTV Canada and previously hosted famous rock bands like the Foo Fighters. TORSTAR NEWS SERVICE FILE

U.S. 7-Eleven stores raided as franchises are accused of exploiting immigrants

Nine owners and managers of 7-Eleven stores across Long Island and in Virginia were charged on Monday in a scheme to exploit immigrants from Pakistan and the Philippines, in part by paying them using the stolen Social Security numbers of a child and three dead people while stealing most of their wages.

Most of the defendants were arrested early Monday as federal authorities raided 14 franchise stores.

Immigration and Customs Enforcement agents were executing search warrants at more than 40 other stores across the country suspected of similar infractions, authorities said at a news conference in Brooklyn.

THE ASSOCIATED PRESS

Television. Netflix will run original Dreamworks series

Netflix announced a deal on Monday to air television programming from Dreamworks Animation in what the company described as its biggest transaction ever for original first-run content.

Though financial details were not disclosed, Netflix Inc. said the agreement includes more than 300 hours of new TV episodes in a multi-year deal starting in 2014.

The new Dreamworks shows will be inspired by characters from its hit franchises like Shrek and Kung Fu Panda and upcoming feature films as well as the Classic Media library that Dreamworks Animation SKG Inc. bought last year. The television shows will be commercial free. THE ASSOCIATED PRESS

Netflix has been adding original programming to its roster. NETFLIX/SCREENGRAB

Music

Jay-Z gives away album to 1M Galaxy users

Jay-Z GETTY IMAGES

Jay-Z is teaming up with Samsung to release his new album, unveiling a three-minute commercial during the NBA Finals and announcing a deal that will give the music to one million users of Galaxy phones.

THE ASSOCIATED PRESS

Foreign ownership

U.S. telcos likely not keen on Canuck wireless market

Big U.S. carriers Verizon and AT&T could find access to Canada's wireless market too small for their liking, with new entrants like Wind Mobile or Mobilicity offering few incentives to head north, says a telecom analyst. "If you wanted to come into Canada, you'd want to come in to dominate it," said Iain Grant of the SeaBoard Group.

THE CANADIAN PRESS

Northern Gateway

Project will benefit all Canadians, panel hears

A lawyer for the Northern Gateway oil pipeline told a federal review panel Monday that there are many reasons the controversial project should be approved — billions of them, in fact. Richard Neufeld stressed that the pipeline between Alberta and the B.C. coast will ensure Canadian producers get full market value for their product. And he said that will benefit all Canadians. THE CANADIAN PRESS

Market Minute

DOLLAR 98.26¢ (- 0.08¢)

TSX 12,288.90 (+101.53)

OIL $97.77 US (-8¢)

GOLD $1,383.10 US (-$4.50)

Natural gas: $3.89 US (+16¢)
Dow Jones: 15,179.85 (+109.67)

SCREEN TIME DISRUPTS A GOOD SNOOZE

SHE SAYS

Jessica Napier
metronews.ca

Lately, there are lots of questions keeping me up at night: Is there actually a Rob Ford crack video? What on Earth is going on in Game of Thrones? Is my wireless router slowly rotting my brain? But what's really causing me to lie awake past my bedtime isn't this cycle of my own erratic thoughts — it's my beloved cellphone.

Checking emails and scrolling through my Facebook news feed has become as much a part of my nighttime routine as brushing my teeth. And I know I'm not alone.

In 2012, Time Mobility released a research study on the mobile habits of 5,000 individuals in eight different countries around the world. Eighty-four per cent of the respondents admitted to sleeping with their mobile phones in their bedroom, 68 per cent choosing to keep their device within arm's reach. As phones and tablets replace alarm clocks and good books as the most ubiquitous bedside accessory, our minds and bodies are beginning to suffer.

Listening to music or watching TV might seem like an ideal way to unwind after a long day, but staring at backlit devices late at night can actually trick your body into thinking it's daytime and disrupt the length and quality of your sleep. The artificial light emitting from tablet and smartphone screens is a form of optical radiation that effectively inhibits sleep-promoting neurons in the brain and suppresses the release of melatonin, an important hormone that helps to regulate our internal clock. In fact, two hours of exposure to a bright screen at night can reduce melatonin levels up to 22 per cent.

Far from lulling us to sleep, those late-night Netflix marathons are actually disrupting our body's natural circadian rhythms and keeping us up at night.

Those of us getting less than the recommended seven to eight hours of sleep a night are susceptible to a myriad of physical and cognitive side effects including elevated blood-pressure levels, reduced mental clarity and heightened risk of diabetes and obesity.

Most of us know the importance of a good night's sleep but we don't necessarily think twice about satisfying our late-night tech cravings.

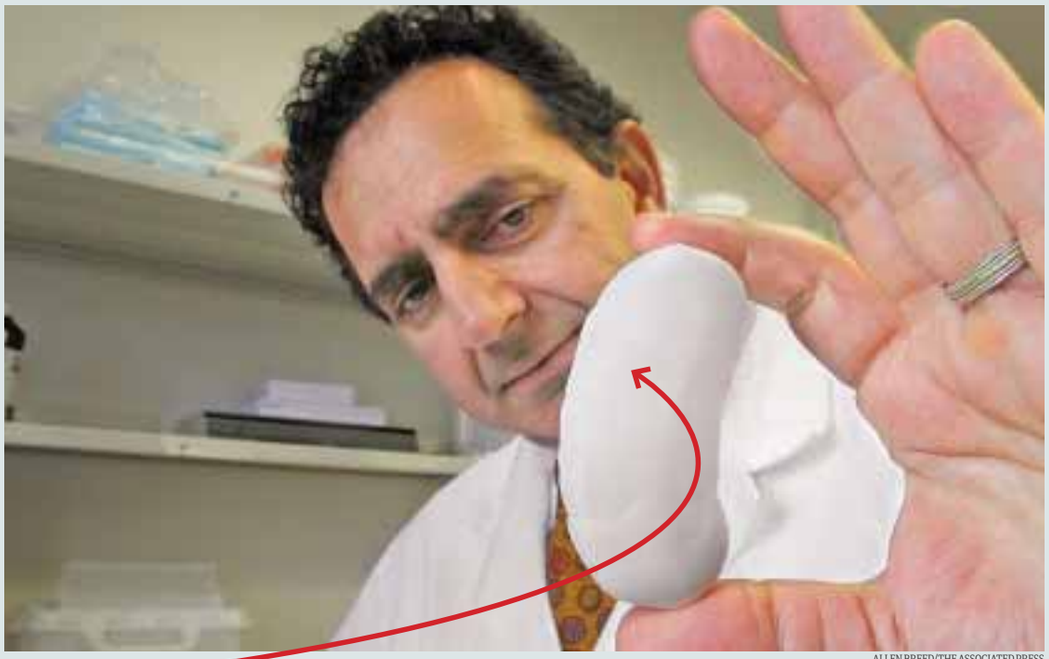
Most doctors recommend switching off at least an hour before your head hits the pillow. It's also wise to relocate mobile devices away from the bedroom to prevent heavy users from checking messages in the middle of the night.

The thought of sleeping in a different room than your iPhone might give you separation anxiety, but the mental and physical damage caused by 24-hour mobile habits are far worse than a couple of missed emails.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Organ transplants hot off the printer



ALLEN BREED/THE ASSOCIATED PRESS

Doctors experiment with 3D printers

Dr. Anthony Atala holds the "scaffolding" for a human kidney created by a 3D printer in a laboratory at Wake Forest University in Winston-Salem, N.C.

Instead of depositing ink, the printer puts down a gel-like biodegradable scaffold plus a mixture of cells to build a kidney layer by layer. Atala expects it will take many years before printed organs find their way into patients.

The university is experimenting with various ways to create replacement organs for human implantation, from altering animal parts to building them from scratch with a patient's own cells.

METRO

Another alternative

- Here's the dream scenario: A patient donates cells that the lab uses to seed onto a scaffold that's shaped like the organ needed. Then, says Dr. Harald Ott of Massachusetts General Hospital, "we can regenerate an organ that will not be rejected."

Not possible yet

There are plenty of challenges with this organ-building approach. One is getting the right cells. Cells from the patient's own organ might not be available or usable. So scientists are exploring genetic reprogramming so blood or skin cells could be turned into appropriate cells. METRO

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

The best camera is the one that's with you. Or so the saying goes by photographers-turned-'iPhonographers' too lazy to schlep around a real camera. But luckily you don't have to choose sides in the 'real'-camera-versus-iPhone fight. Follow these professional photographers who use iPhones too.

@coryrichards:
Everything you'd imagine from a National Geographic photographer, from pics of the Milky Way over a stilt settlement in Indonesia to cowboys and Mustangs in the Wild West.
coryrichards.com

@zakshelhamer:
Warning: Following this adventurer/photographer might make you want to quit your day job and hit the beach, trail or mountains. photosbyzak.com

@chrisconnolly:
This Instagrammer puts his analogue skills to use in the digital realm. Bold colours. Symmetry. Lines. Texture. Check out his digital and film work at 15by8.com.

Comments

RE: It's A Darwinian World Out There, And We're Raising Generation Wuss, published online June 17

Sure. As a parent you're developmentally ready for those realities. Are you really sure the kids are? Evidence disagrees with you STRONGLY. It's time to cater the content and the timing of the message to the right age groups. We do it with alcohol. We do it with voting. This is catering to what we've learned are the needs and abilities of younger groups.

Talking tough only serves to misrepresent the reasons this is being done. And it makes you look self interested as a parent in my opinion. **Dennis posted to metronews.ca**

Growing up in my generation it was a hard cruel world. Racism and bullying was an expected norm. If you had social or learning problems, everyone just assumed you'd be pumping gas or in jail by the time you got out of school if you graduated at all.

Today, we as a society have gone to the extreme. There needs to be consequences for our actions. We need to teach our kids that no, you do not win all the time, but just because someone is better at something than you are doesn't mean you are less of a person. Or just because you are better at something then the other person it doesn't make you superior it just makes you better at that. **Gigi Green posted to metronews.ca**

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

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The universe of Kanye

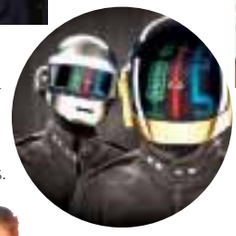
We're just lucky enough to live in it. Today his new album, Yeezus, drops, and we look at the rapper's awesome awesomeness.

MICHELLE CASTILLO
scene@metronews.ca

COLLABORATORS

Entourage 2007 — In one episode, Kanye saved the day when he offered to take Vinny Chase and co. to Cannes on his private plane.

Bon Iver 2010/2013 — Two tracks from My Beautiful Dark Twisted Fantasy —Woods and Monster — featured the folk artist's efforts. They work together again on Yeezus.



Daft Punk 2007/2013 — He sampled the French duo's Harder, Better, Faster, Stronger on Stronger and they helped out with three or four "joints" (as Kanye put it) on Yeezus.

The Cleveland Show 2010 — Kanye stars as Kenny West, Cleveland Jr.'s rival, on the Family Guy spinoff. He's reprised his role in four additional episodes since.

Skrillex 2013 — Kanye and the Dub-step king confirmed they collaborated on a track for Yeezus

CONTROVERSIES

Kanye vs. AIDS 2005 — During a Live 8 tour, Kanye announces that AIDS was a "man-made disease... placed in Africa just like crack was placed in the black community to break up the Black Panthers."

Kanye vs. Taylor Swift 2009 — You remember the below. Kanye would apologize to Swift for interrupting her MTV award win, but took back the apology just this week.

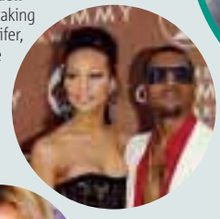
Kanye on South Park 2009 — Fuelled by his massive ego, a cartoon "Kanye" goes into a murderous rage after not getting a joke. "It hurts my feelings," he wrote on his blog, "but what can you expect."

Kanye as Hitler 2011 — Kanye says that people look at him as if he's Hitler, during a British concert. The crowd boos.

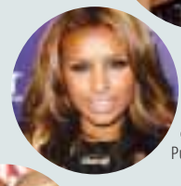
Obama vs. Kanye 2009 / 2012 — After his MTV antics, the president called Kanye a "jackass"—twice. "I don't give a f—k what the president's got to say," Kanye rapped.

LOVERS

Alexis Phifer 2002 to 2008 — Kanye proposed to the designer in 2006, but they never married.



Brooke Crittendon 2004 — While taking a break from Phifer, Kanye dated the Harlem Heights star.



Melody Thornton 2010 — Kanye was seen holding hands and attending red carpet events with the former Pussycat Doll.

Amber Rose 2008 to 2010 — It put the model into the limelight. She's now engaged to Wiz Khalifa.

Kim Kardashian 2012 to present — Kanye just had a baby girl with the reality TV star, who also inspired tracks like Cold.

Selita Ebanks 2010 — After the Victoria's Secret model starred in his Runaway video, the two reportedly got together.

LIFESTYLE

Donda West Plastic Surgery Law 2009 — California governor Arnold Schwarzenegger signs a law requiring people to undergo a physical examination before undergoing plastic surgery after Kanye's mother dies during a cosmetic procedure

Fatburger 2008 — Kanye opened up a branch of the chain in his hometown of Chicago, but it closed down in February 2011.

Louis Vuitton X Kanye West 2009 — The rapper released three styles of high-top sneakers — Don's, Jasper's and Mr. Hudson's — and announced his intent to change his name to Martin Louis the King Jr.

Met Ball 2013 — Yeezy gets put on Vogue's Best Dressed at the Met Ball list— but they crop out his date, the floral couch-wearing Kim Kardashian.

Nike Air Yeezy 2009, 2012 — The rapper was the first non-athlete to work with the brand, and has released two editions to date.

Nigella Lawson ALL IMAGES GETTY

Nigella Lawson's hubby insists throat grab on his wife was a 'playful tiff'

Police are investigating an apparent incident between celebrity chef Nigella Lawson and her husband, advertising executive Charles Saatchi, during which he reportedly grabbed her throat at a London restaurant, according to the Mirror. Witnesses say Lawson left the lunch in tears. "Officers from the Community Safety Unit in Westminster are aware" of the incident, a police spokesperson says. "Inquiries are in hand to establish the facts of the incident." But Saatchi insists it was just a "playful tiff," telling the Evening Standard, "We were sitting outside a restaurant having an intense debate about the children, and I held Nigella's neck repeatedly while attempting to emphasize my point."

Amanda Bynes

Bynes not very happy after tourists get snappy

Amanda Bynes really doesn't like getting her picture taken, as a father and son learned this weekend in Atlantic City when they came across the young actress stumbling about carrying armloads of bags in a hotel lobby. Brett Cohen says that things turned ugly when his father, Bobby, snapped a photo of Bynes with his cellphone, according to E! News. "As soon as he took the picture she kind of stopped and said, 'Sir, I need you to delete that. You can't take pictures of me.' She kind of lunged at him to take his phone," Cohen says. "She is trying to grab his phone from him and he starts walking away from her. She started following him and touching his shoulder trying to get his phone." Eventually security broke them up and Bynes tried to complain, but the Cohens were allowed to remain in the hotel. "I feel bad for her," Brett Cohen adds. "Everyone goes through tough times. I feel bad that it's so public. It's unfortunate."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Show of unity from Sharon and Ozzy amid divorce rumours

THE WORD
Dorothy Robinson
scene@metronews.ca

Despite the rampant rumours that Ozzy and Sharon Osbourne are divorcing, the two looked very cosy on Sunday night at the 40th annual Daytime Emmy Awards in Beverly Hills, Calif. Allegations have swirled since April that the long-married pair are living separately, with Ozzy in a rented Beverly Hills mansion and Sharon at the Beverly Hills Hotel. "They are living at different addresses and not spending any time together," a source recently told the Sun. Ozzy talked about the divorce rumours on social media. "For the last year and a half I have been drinking and taking drugs," Ozzy wrote on his Facebook page in April. "I was in a very dark place and was an a—hole to the people I love most, my family. However, I am happy to say that I am now 44 days sober. Just to set the record straight, Sharon and I are not divorcing. I'm just trying to be a better person." And now they are having a date night. All together now: "Awwww."

Angelina Jolie and Brad Pitt

Pitt: It's 'business as usual' for Jolie after treatment

Brad Pitt says Angelina Jolie is recovering from her voluntary double mastectomy and that it's "business as usual" following the treatment. "Her focus now is that all people have access to testing. If you do your research it doesn't have to be scary, it can be an empowering thing," Pitt tells Good Morning America while promoting World War Z, his latest film. "It's business as usual, she's doing great. When she wrote (her New York Times essay), we had already come out the other end."

Kate Middleton

Due date looming, Kate's done with appearances

Kate Middleton made her final public appearance this weekend before the birth of her first child, due next month, according to Radar Online. Flanked by her husband, Prince William, and her brother-in-law, Prince Harry, the Duchess of Cambridge smilingly observed the Trooping of the Colours parade in celebration of the Queen's birthday dressed in a pink coat and hat. Kate and William's child is due in mid-July.

Twitter

@TheRealRosanne
just experienced my fourth earthquake in six weeks- omg

@RickiLake
I know I'm a little late, but Downton Abbey is soooooo good.

@lenadunham
Can someone tell me whether we're supposed to be offended by Johnny Depp's portrayal of Tonto or not? Must know for dinner parties/twitter.

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VICKS®

Prep for the first summer sun

Brown skin does not always mean burnt skin. Five things to check off your list before smothering yourself in tanning oil

ROMINA MCGUINNESS
life@metronews.ca

Which SPF should I use?

"People with fair skin (types 1 and 2) should always wear a waterproof sunscreen with an SPF 30 to 50, and darker types (three to six), an SPF of at least 15," Dr. Nick Lowe, skin care expert and founder of the Cranley Clinic in London, tells Metro.

Make sure your sunscreen contains a proven UVA protection.

"UVA rays are aging and UVBs are burning. Whereas UVB rays damage the skin's more superficial epidermal layers, leading to redness and burns, and later cancers, UVA rays penetrate the skin more deeply."

Should I be worried about moles?

"Melanoma is a form of skin cancer that arises in a pigment cell. People tend to associate melanoma with moles (they contain more pigment cells, meaning you've got more to damage and more to change into a cancerous cell) when in reality, they only account for 50 per cent of cases. The other 50 per cent arise from pigment cells in the skin that turn into what looks like a mole. So you need to look out for any change in an existing mole," Lowe explains.

Is there anything I absolutely need to take to the beach?

"If you're going to spend the day in the sun, especially between 10 a.m. and 3 p.m., when the rays are most damaging, make sure you have sunscreen, sunglasses and a hat," says Lowe. "Ideally, invest in sun protective clothes and accessories that come with an SPF of 50 plus from brands such as Coolibar (coolibar.com). Unlike lotion, it doesn't wear or wash off."

After a few days in the sun, I drop my SPF, right?

It doesn't matter whether it's the first time or 10th time you go in the sun, never decrease the SPF factor you started off with.

"A lot of people reduce their SPF the minute they get a tan. They mustn't do that," warns Lowe.

Why? Because even though our skin has a natural SPF, it's tiny compared to how much you need. "The protection increases with your natural skin colour so the darker your skin the more protection your tan will give you," he explains.

If I get a salon tan, am I less likely to burn?

"The danger of sunbeds is that they fool people into thinking they're protected when in reality, the resultant tan is very poor as the pigment doesn't spread uniformly across the skin," says Lowe. According to The Skin Cancer Foundation, the high-pressure sun lamps used in salons emit doses of UVA almost 12 times that of the sun.

Understanding your skin type, by Dr. Nick Lowe

Skin Type 1

Characteristics: red heads, very fair skin, freckles
Burns: always burns, never tans
Summer sunburn time: 7 to 10 mins
Recommended SPF protection: 50 + UVA

Skin Type 2

Characteristics:
Burns: burns easily, minimum tanning, tans very light brown
Summer sunburn time: 10 to 20 mins
Recommended SPF protection: 30 + UVA

Skin Type 3

Characteristics:
Burns: moderate burns, tans to light brown
Summer sunburn time: 20 to 30 mins
Recommended SPF protection: 20 + UVA

Skin Type 4

Characteristics:
Burns: minimal burns, tans well
Summer sunburn time: 60 mins
Recommended SPF protection: 15 + UVA

Skin Type 5

Characteristics:
Burns: rarely burns, tans to dark skin
Summer sunburn time: 90 mins
Recommended SPF protection: 15 + UVA

Skin Type 6

Characteristics:
Burns: rarely burns, already deeply dark
Summer sunburn time: 120 mins
Recommended SPF protection: 15 + UVA

Best Health

Give Nordic walking a chance

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

You've seen those people striding along the streets and through parks with poles in their hands.

They're doing Nordic walking, or urban poling, a super-charged fitness routine that will give you a low-impact, full-body workout.

The latest issue of Best Health magazine profiles a few women who love this activity.

Nordic walking was created in Finland in the 1930s and has been growing in popularity in North America and Europe since the 1990s.

Walkers use a pair of lightweight poles similar to cross-country ski poles, but shorter.

They use 600 muscles in the entire body, burning about 400 calories an hour. Regular walking burns about 330 calories.

How should you dress?

Just as you would for a brisk walk: wear layers in cool weather, and comfortable walking shoes.

Expect to pay about $60 and up for a decent pair of poles, which should be about two-thirds of your height.

Some parks and recreation departments across Canada lend poles so you can try them out.

You can take a lesson or two from an instructor certified by an organization such as the Canadian Nordic Walking Association (cnwa.info) to make sure you have proper form. Walk on your own, or find a group at urbanpoling.com, through your local kijiji.ca or meetup.com listings, or at your local recreation centre.

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Hey! I want my zinc back

Health. Taking the pill? It might be leaching nutrients from your body

LINDA CLARKE
Metro World News

Ross Pelton, author of The Pill Problem, says that his career has bridged two worlds: that of a registered pharmacist dealing with medications and that of a certified clinical nutritionist concerned with natural healing.

This duality has led him to discover what he calls drug-induced nutrient depletion. This side effect of medications can't be measured in nausea, vomiting, headaches or whatever is on those unappealing lists. Rather, drug-induced nutrient depletion happens slowly, over time, as a medication either inhibits absorption or production — or leaches — nutrients from the body. Among the many common drugs that produce this are oral contraceptives, which prompted Pelton to write The Pill Problem.

Oral contraceptives can deplete regular nutrients. ISTOCK PHOTOS

"As a class of drugs, oral contraceptives have an enormous effect on nutrients," said Pelton. "They deplete all B-vitamins, magnesium, selenium, zinc, tyrosine and coenzyme Q10. The only other medication that comes close to its effect on nutrients is steroids."

According to Pelton's book, without these nutrients, ailments such as depression, sexual malaise, lack of energy and insomnia can develop. To avoid this, Pelton recommends nutritional supplements to counteract the depletion.

"Even with a healthy diet, you can't get the therapeutic levels needed," he said.

"I'm concerned with optimal health and the prevention of illness. Women who take oral contraceptives should take a high-potency multi-vitamin and multi-mineral supplement to provide adequate levels to prevent problems."

More help

Besides a good quality multi-vitamin and mineral supplement, Pelton recommends additional supplements, too

- **To counteract depression.** "Folic acid helps," he said. "We now know that it should be taken in the form of l-methylfolate, the active form. Tyrosine, which is an amino acid, is also necessary. 5HTP and B6 are needed for serotonin production, which helps with mood. Lowered serotonin means lower melatonin, which causes sleeping problems, increasing depression."

How to feel good naked

Health. The author of WomanCode turns your body into a "power source" with these tips

MEREDITH ENGEL
life@metronews.ca

Bloating. Zits. Decreased sex drive. If you're a woman, and you're aging up, we may have just described your average Tuesday night. Alisa Vitti, a hormonal health expert and the author of WomanCode, a book about "supercharging your sex drive," says it doesn't have to be that way.

"What's normal is a sex drive that increases as you age," she says. "You need to train the body to maximize the kinds of foods that provide us with micronutrients that help us produce optimal levels of hormones."

AVOID

SOY: More specifically, soy protein isolate. It's packed full of estrogen, which can very often exacerbate many hormonal symptoms. However, small quantities of fermented soy, such as miso paste, tofu and tempeh, are OK.

COW'S MILK: It contains casein, a protein that can make it difficult for nutrients to get to the target glands of the endocrine system (a collection of glands that secrete hormones). This can make it difficult for proper hormonal function and elimination and can worsen symptoms such as acne. Concerned about calcium? Bok Choy and sesame seeds are good alternatives to dairy.

WHEAT: Or the protein that gives wheat-based foods such as pizza their chewy texture: gluten. It has been shown to decrease fertility in some individuals by raising stress levels.

LOAD UP ON

GREEN JUICE: The antioxidant glutathione, present in raw fruit and vegetables, helps with egg quality, liver detoxification and to protect the ovaries. One juice a day is enough; just blend together some kale, cucumber, parsley, ginger, lemon and apple.

EGGS: Help the body make progesterone, the hormone that opposes estrogen and keeps you balanced in terms of your mood.

AVOCADO: The creamy green fruit is a great source of essential fatty acids. As hormones are stabilized in a lipid ring, EFA's help keep them stable and functioning properly.

SPINACH and KALE: The dark, leafy greens contain calcium and magnesium that help the body break down and eliminate estrogen, which in excess, is at the root of many hormonal symptoms.

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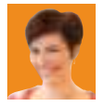
With the speed of life being what it is, tween/teen kids may be the perfect solution to your healthy dinner dilemmas. Here are three meals that can be made by any 12-year-old. To be sure, run it through together once and then set them free to cook healthy. Pre-chop any ingredients and leave them in the fridge if you are concerned about small amounts of knife wielding, otherwise, these recipes are all safe.



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

3 healthy meals for kids 12 and up

Teach your tween or teen to cook healthy. ISTOCK

Almond chicken with Arroz Vedre

- 2 tablespoons ground almonds
- 1 teaspoon Dijon mustard
- 2 tablespoons cornmeal
- 1 teaspoon dill seeds
- 1-3 tablespoons water to thin
- 4 boneless skinless chicken breast halves

Mix first five ingredients together to form a paste. Rub on breasts and lay on a non-stick baking sheet. Cover with foil.

Bake in 325 F oven, 45 to 55 mins. depending on thickness of breasts, remove foil about half way.

Serve with Arroz Verde

- 2 large green bell peppers,stem removed, seeded, and chopped
- 1 small can jalapeño peppers
- 1 cup chopped fresh parsley
- 1 large onion , peeled and quartered
- 2 cloves garlic, (or 2 teaspoons jarred minced garlic)
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 tablespoon extra virgin olive oil
- 1.5 cups long-grain brown rice
- 1 litre low sodium chicken broth

In a blender purée until smooth bell and jalapeno peppers, parsley, onion, garlic, oregano, and cumin.

In a large, heavy skillet or casserole with tight-fitting lid, heat oil. When oil is hot but not smoking, add rice and stir continuously for a few minutes to coat rice with oil, but not long enough to let it brown.

Add vegetable purée and half the broth and simmer, stirring occasionally, for 5 minutes. Add the remaining broth and bring to a boil. Reduce heat to moderate, and continue cooking until liquid is absorbed, about 25 minutes. Cover and let sit undisturbed for 30 minutes.

Slow Cooker Barbecued Beef Sandwiches

- 1 1/2 pounds rump roast
- 1 chopped onion
- 4 cloves garlic
- 1/2 cup maple syrup
- 2 teaspoons mustard
- 1 teaspoon chili powder
- 1/3 cup cider vinegar
- 1/3 cup Worcestershire sauce
- 1 3/4 cups barbecue sauce
- 4 large whole grain dinner rolls
- Romaine lettuce leaves
- Sliced tomatoes

In slow cooker, combine all ingredients except sandwich buns, lettuce and tomatoes; mix well.

Cover; cook on high setting 4 to 6 hours or until beef is tender.

Remove beef from slow cooker and slice, place onto a bun and top with lettuce and tomatoes.

Baked Pork Tenderloin with Spinach and Blue Cheese

- 2 packages frozen chopped spinach
- 1-1.5 pounds pork tenderloin, whole and drained
- 2 cloves garlic, pressed
- 2 tablespoons balsamic vinegar
- 1/4 cup red wine
- 2 teaspoons dried oregano
- salt and pepper, to taste
- 6 ounces blue cheese, crumbled

Microwave spinach just to thaw and let drain in a colander in the sink until ready to assemble. Break up spinach into large, low casserole dish.

Cut pork tenderloin into 4 equal portions on diagonal and nestle into spinach mix. Sprinkle with garlic, vinegar, wine, oregano, salt, pepper.

Break up blue cheese to spread on top of and around pork. Leave one end uncheesed if blue cheese isn't popular with someone in your home.

Cover with foil and place into 350 F oven to bake for 45 mins. or until the meat's internal temperature reads 145 to 160 F.

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Put the lime in the coconut for a no-bake Island Lime Pie

This recipe serves 12. THE CANADIAN PRESS H/O

Ingredients

Coco-Macadamia Crust
- 125 ml (1/2 cup) macadamia nuts
- 250 ml (1 cup) shredded coconut
- 3 chopped seedless dates
- 2 ml (1/2 tsp) alcohol-free vanilla essence
- 1 ml (1/4 tsp) sea salt

Avocado Mousse
- Flesh of 2 to 3 avocados
- 175 ml (3/4 cup) lime juice
- 125 ml (1/2 cup) coconut butter
- 125 ml (1/2 cup) agave nectar
- 2 ml (1/2 tsp) vanilla essence

Frosting
- 50 ml (1/4 cup) water
- 15 ml (1 tbsp) lime juice
- 125 ml (1/2 cup) macadamia nuts
- 10 ml (2 tsp) agave nectar
- 1 ml (1/4 tsp)vanilla essence
- 0.5 ml (1/8 tsp) sea salt
- 15 ml (1 tbsp) coconut oil, melted
- Lime slices, grated coconut

1. Crust: In food processor, chop macadamia nuts into small pieces. Add coconut, dates, vanilla and sea salt and blend to obtain mix that can be formed into a ball.

2. Line bottom and sides of 23-cm (9-inch) pie plate with crust.

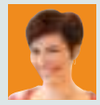
3. Avocado Mousse: In food processor, combine avocados, lime juice, coconut butter, agave nectar and vanilla; blend to a smooth cream. Pour into crust. Set aside at room temperature while preparing frosting.

4. Frosting: In blender, combine water, lime juice, nuts, agave nectar, vanilla and sea salt. Blend to smooth cream consistency. If needed, add 15 ml (1 tbsp) more water. While blender is running, incorporate melted coconut oil.

5. Place mix in pastry bag with narrow nozzle. Trace spiral of frosting on pie from centre to rim of pie plate. With chopstick, trace dozen lines in frosting at regular intervals from centre to rim to resemble a spider web. Before serving, garnish with lime slices and grated coconut. THE CANADIAN PRESS/ RAW-ESSENCE BY DAVID COTE AND MATHIEU GALLANT (ROBERT ROSE, 2013)

Health Solutions

Bean there, vanilla



NUTRI-BITES
Theresa Albert
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myfriendinfood.com

You've seen the little black specks in your vanilla bean ice cream that make it look like there's dirt in it, but have you considered where they came from?

Vanilla beans come from an orchid plant and are technically the fruit of the fertilized flower. The pods are harvested six months after they sprout but before they pop open to spread their tiny, aromatic seeds.

They are then watered, wrapped to ferment and dried in the sun. No wonder they are so expensive. Sheesh.

Is it really worth buying the pods over the "extract"? The extract contains the essence of the bean that has been soaked in alcohol. The pods themselves contain exponentially more flavour and nutrients. In fact, the vanilla bean is one of the top 20 highest anti-oxidant foods.

If you are making a custard or ice cream where the vanilla flavour is crucial, you absolutely want the real deal.

Here's a trick that will make you look like the newest foodie on the block. After scraping the seeds into your dessert, don't toss the pod. Add it to your sugar bowl and cover. Within a week, you will have your own flavoured sugar perfect for sprinkling on cereal or into coffee.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Snack. Grilled Lattice-Topped Apples

1. Heat grill to 190 C (375 F).

2. Cut tops off apples and discard. Scoop out flesh from apples, making a hollow in each one. Discard cores and seeds. Finely chop apple flesh into a small bowl.

3. In saucepan, melt butter and honey. Remove from heat and stir in cornstarch and cinnamon. Pour over chopped apples and stir to combine. Spoon filling into hollowed-out apples.

4. Using sharp knife, cut thin strips of pastry. Weave strips of pastry over each apple to form a lattice top.

5. Place apples in heavy pan that can go on a grill. Pour apple juice into pan around base of apples. Place pan on grill. Close grill lid and bake 45 minutes or until apple filling is soft when poked with a sharp knife.

6. Remove from heat and arrange on serving dishes. Serve as is or with a scoop of ice cream and caramel sauce.

THE CANADIAN PRESS/ MENNONITE GIRLS CAN COOK CELEBRATIONS BY LOVELLA SCHELLENBERG ET AL (HERALD PRESS, 2013)

Ingredients

- 4 Granny Smith apples
- 60 ml (4 tbsp) butter
- 60 ml (4 tbsp) honey
- 5 ml (1 tsp) cornstarch
- 5 ml (1 tsp) cinnamon
- 1 unbaked pastry shell, rolled out flat
- 50 ml (1/4 cup) apple juice

Spice up your life — and sorbet

Put a new spin on entertaining. Make recipes that are full of wholesome ingredients, yet simple to create with the help of the ultimate multitasking kitchen tool: a high performance blender.

The new Vitamix 7500, with all of its high tech features, allows you to quickly blend for a flavourful gazpacho. Clean the machine in 30 seconds and then whip up this gourmet Spiced Berry Sorbet.

Vitamix machines take the place of numerous kitchen appliances. They finely chop, grind, and blend whole-food ingredients and much more—all in one container.

This recipe makes 4-1/4 cups (1 l) NEWS CANADA

Ingredients

- 1 cup (150 g) each frozen unsweetened strawberries, blueberries, blackberries and raspberries
- 2 cups (300 g) frozen pitted Bing cherries
- 1/2 oz (14 g) fresh ginger, peeled
- 1/2 cup (120 ml) cold water
- 1/2 cup (100 g) granulated sugar
- 1/2 cup (13 g) fresh mint leaves
- 1/8 tsp each ground cloves and ground allspice
- 1/4 tsp ground nutmeg
- 1/2 tsp ground cinnamon
- 1 tsp vanilla extract

1. Partially thaw frozen berries and cherries for 20 minutes; set aside.

2. Place ginger, water, and sugar into the Vitamix container and secure lid.

3. Select Variable 1.

4. Switch machine to Start and slowly increase speed to Variable 8. Blend for 20 seconds, until ginger is finely chopped. Stop machine and remove lid. Add berries and cherries, mint, cloves, allspice, nutmeg, cinnamon, and vanilla to the container with ginger mixture and secure lid.

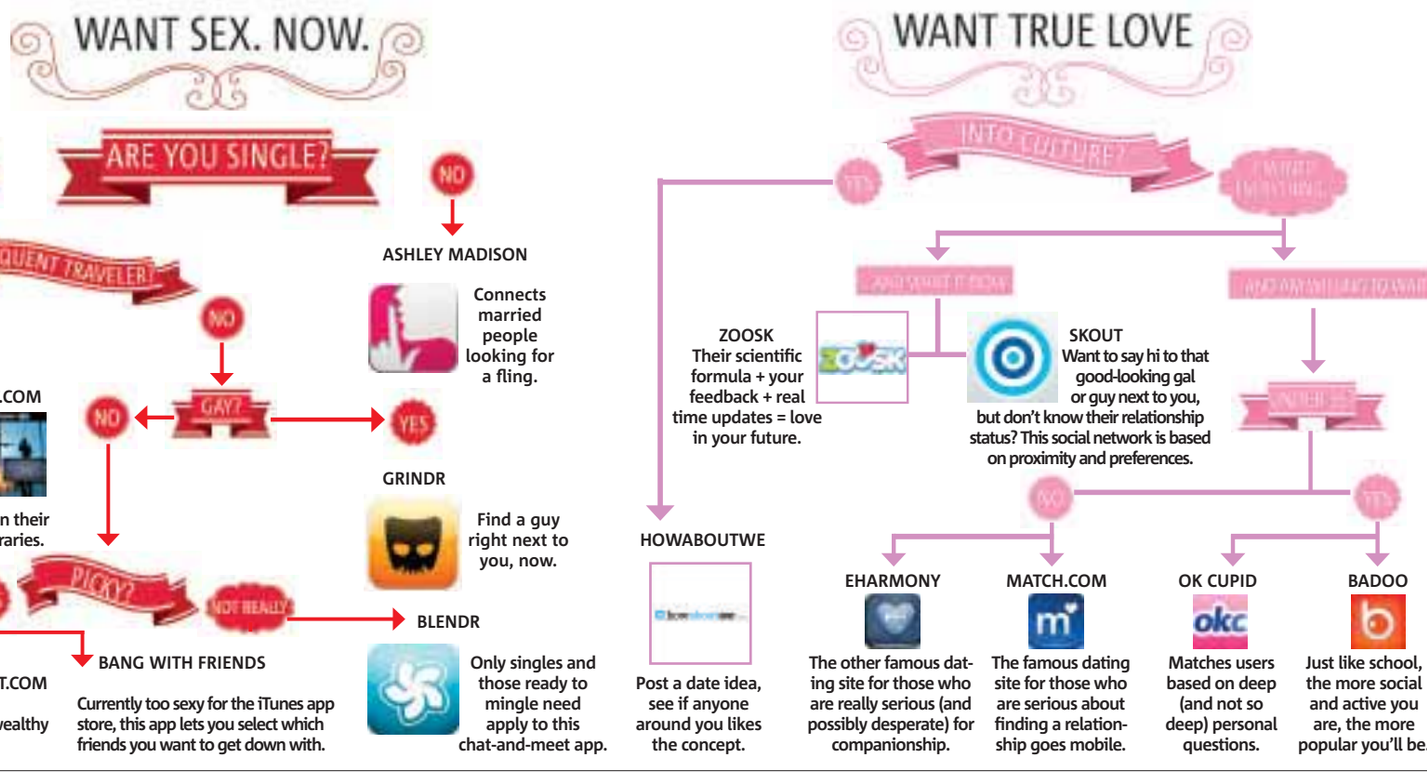
5. Select Variable 1.

6. Switch machine to Start and slowly increase speed to Variable 10, using the tamper to press the ingredients into the blades. In about 25 to 30 seconds, the sound of the motor will change and four mounds should form.

7. Stop machine. Do not over-mix. Serve immediately. NEWS CANADA

SO YOU WANNA DATE?

New advances in dating technology have made it easier to find someone, but also overwhelming. Thanks to this handy-dandy chart, you'll never be alone again. TEXT: MICHELLE CASTILLO, GRAPHIC: MIA KORAB; METRO WORLD NEWS


WANT SEX. NOW.
ARE YOU SINGLE?
YES
NO
FREQUENT TRAVELER?
YES
NO
GAY?
NO
YES
PICKY?
YES
NOT REALLY
ASHLEY MADISON
Connects married people looking for a fling.
MEETATTHEAIRPORT.COM
Up your chances of joining the Mile High Club. The website matches people based on their self-reported travel itineraries.
GRINDR
Find a guy right next to you, now.
BLENDR
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SEEKINGARRANGEMENT.COM
Sugar babies seeking a wealthy partner, sign up here.
BANG WITH FRIENDS
Currently too sexy for the iTunes app store, this app lets you select which friends you want to get down with.
WANT TRUE LOVE
INTO CULTURE?
YES
ZOOSK
Their scientific formula + your feedback + real time updates = love in your future.
SKOUT
Want to say hi to that good-looking gal or guy next to you, but don't know their relationship status? This social network is based on proximity and preferences.
NO
YES
HOWABOUTWE
Post a date idea, see if anyone around you likes the concept.
EHARMONY
The other famous dating site for those who are really serious (and possibly desperate) for companionship.
MATCH.COM
The famous dating site for those who are serious about finding a relationship goes mobile.
OK CUPID
Matches users based on deep (and not so deep) personal questions.
BADOO
Just like school, the more social and active you are, the more popular you'll be.

The typical bankrupt Canadian is a 43-year-old man owing $61K above and beyond a mortgage. ISTOCK IMAGES

Male, middle-aged and bankrupt?

YOUR MONEY
Alison Griffiths
money@metronews.ca

If you are male and entering middle age with a fair chunk of non-mortgage debt then bankruptcy might be just around the corner.

According to research by trustee firm Hoyes, Michalos & Associates into 7,000 insolvency filings, the typical bankrupt Canadian is a 43-year-old man owing $61,000 above and beyond a mortgage.

Credit Canada Debt Solutions CEO Laurie Campbell outlined the findings in her recent blog, fortheloveofmoney.ca.

What really shocked Campbell was the discovery that the average debt level of insolvent 50- to 59-year-olds was more than $84,000.

"Who knew that the generation which grew up with the Freedom-55 ads (touting early retirement through smart financial planning) would find itself in such a sorry fiscal state?" she writes.

Equally worrying are those 60 and over. Among the group studied they carried nearly $70,000 in unsecured debt.

You might dismiss the findings if you are much younger (and female), but according to the study's author, Doug Hoyes, "We are all pretty close to the edge. What is saving us is that interest rates are low."

Hoyes points out that there isn't a whole lot of difference between the current average debt to income ratio of 165 per cent and that of the insolvent individuals at 215 per cent.

It boils down to the fact that many Canadians won't be able to handle even a small increase in interest rates. Even something as small as the June 10 notice by TD Canada Trust nudging the five-year closed rate to 3.29 per cent from 3.09 per cent, could be the financial tipping point for some.

Larger rate increases, as will eventually happen, may also appear quite small. But Hoyes cautions consumers to look at the numbers a different way.

"Going from a three per cent to four per cent interest is not an increase of one per cent in your payments. If your rent goes from $300 to $400 per month, how much did your rent increase? Answer: one third, or over 33 per cent." Similarly, the cost of a mortgage at four per cent is 33 1/3 per cent higher than one at three per cent.

Those who worry they are on the edge of affordability should take action. The charitable Credit Canada Debt Solutions (creditcanada.com), for example, offers financial counselling and coaching to help consumers with debt.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

MONITOR YOUR DOG'S ACTIVITY

As we move into the hottest months of the year it's important to make sure your dogs keep cool.

"Overheating is more common in dogs than we realize," says Dr. Barb Bryer, head of emergency medicine at the Veterinary Emergency Clinics in Toronto. "While any dog can overheat, it's more prevalent in breeds with flat faces, such as pugs, boxers and bulldogs, than it is in long-nosed breeds like German shepherds and greyhounds. Overweight dogs are more prone to overheating, as are dark-haired dogs that are out in the sunshine."

Many pet owners are surprised that their dog shows signs of overheating after playing outside.

"When dogs are running in the park together, they may not stop just because they're getting overheated," Bryer says. "It's up to their owners to monitor their activity. The rule to follow is that if the heat is too much for you, it's too much for your dog."

If you suspect your dog may be overheating, stop activity and move your dog to a cool area.

"Dogs cool down naturally by panting and sweating through the pads of his paws," Bryer says.

However, if your dog doesn't return to normal in a few minutes, there are things you can do to help.

"Remove muzzles or dog boots that might be restricting his ability to cool. Put cool water on his feet, under his arms and near the groin or use ice packs if he has lots of hair in those areas.

ANDY DEAN/VEER

You can also wet the coat with cool water and put a fan on him to cool down. Do all this slowly and gently, so you're not shocking him by cooling him too fast. Also, be sure to offer him some cool water when he's ready to drink — just don't force him."

Within a few minutes, your dog should return to a normal temperature and resume its usual activities.

HEAT STROKE IS PREVENTABLE FOR PETS

When a dog becomes overheated it will usually cool down on its own quickly.

Within about 10 minutes or so, his panting will subside, the dog will be calm and, very soon, it will behave just like normal again.

Cooling a dog down with water, fans and cool air will speed the process. But if several minutes pass and you see your dog isn't getting any better, this can be a sign of heat stroke.

Dogs who are suffering from heat stroke will continue to pant, be lethargic and even disoriented.

These signs will not get better as the minutes pass — in fact, you may see the dog appear worse.

HERREID/VEER

"Heat stroke is very dangerous as it can cause damage to a dog's systems and organs," explains Dr. Barb Bryer, head of emergency medicine at the Veterinary Emergency Clinics in Toronto. "If you suspect your dog may be suffering from heat stroke, it is imperative that your dog be seen by a veterinarian as soon as possible."

Remember that heat stroke, like overheating, is preventable. Take steps to ensure your dog stays cool and isn't overexposed during the dog days of summer.

- Don't leave your dog in a car, especially with windows shut.
- Keep your dog inside as much as possible.
- Keep walks short on hot days; walk early in the morning or later in the evening when things are cooler.

HOT CARS CAN BE LETHAL FOR DOGS

Whether you are parking in the shade, just running into the store, or leaving the windows cracked, it is not a good idea to leave your pet in a parked car.

The temperature inside a car can skyrocket after just a few minutes. Parking in the shade or leaving the windows cracked does little to alleviate this pressure cooker.

On an 29 C day, for example, the temperature inside a car with the windows cracked can reach 38 C within only 10 minutes. After 30 minutes, the temperature will reach 48 C. At 43 C, pets are in danger of heatstroke.

– TripsWithPets.com

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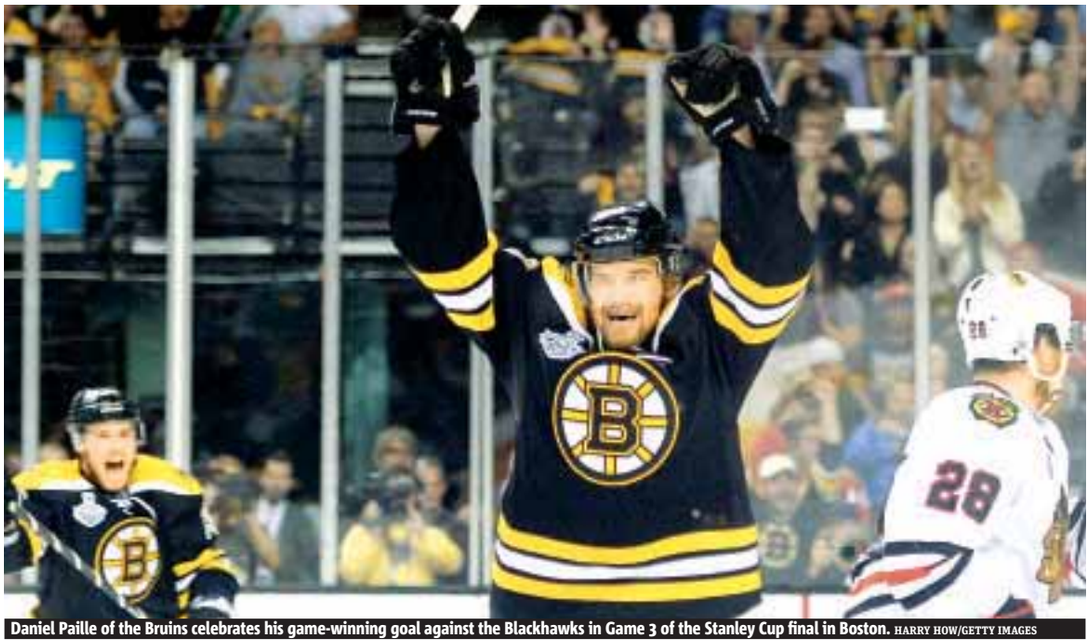


Daniel Paille of the Bruins celebrates his game-winning goal against the Blackhawks in Game 3 of the Stanley Cup final in Boston. HARRY HOW/GETTY IMAGES

Paille helps Boston cream Blackhawks

Stanley Cup final.
Game 2's overtime hero comes through again by scoring a goal and drawing a key penalty

Game 3

Bruins	Blackhawks
2	0

Daniel Paille and Patrice Bergeron scored second-period goals and Tuukka Rask made 28 saves Monday as the hard-charging Boston Bruins blanked the Chicago Blackhawks 2-0 to take a 2-1 lead in the Stanley Cup final.

The Bruins were full value for their second straight win, coming out hard and crashing Chicago. Boston seemed bigger, faster and meaner on the night.

Even anthem singer Rene Rancourt seemed up for it, adding a few more degrees of difficulty to his litany of pre-game fist pumps and facial contortions. The TD Garden crowd of 17,565, Boston's 163rd straight sellout, ate it up.

History has Boston at the front of the NHL championship bus now. Teams winning Game 3 after splitting the first two games of the final have gone on to win 21 of 25 times since the best-of-seven format began in 1939.

Paille, the overtime hero of Game 2, opened the scoring for Boston as the Bruins' reshaped third line of Paille, Chris Kelly and Tyler Seguin paid dividends again. The trio accounted for both Boston goals in the Bruins' overtime win in Game 2.

Bergeron then scored on the power play, with Paille and Kelly prompting the Hawk penalties that led to the goal. The Bruins forward was a one-man machine, with six shots in the first two periods alone. He also dominated faceoffs, winning 19 of 22 in the first 40 minutes.

Game 4 goes Wednesday in Boston.

Hawks co-scoring leader Marian Hossa was a late scratch, replaced by Ben Smith after being injured in the warmup. THE CANADIAN PRESS

Backside backtrack

Judge accepts Johnson's butt-slap rebuttal

A contrite Chad Johnson apologized Monday for disrespecting a judge when the former NFL star slapped his attorney on the backside in court last week and was released from jail after only a week instead of 30 days.

Broward County Circuit Judge Kathleen McHugh accepted Johnson's apology and cut back his jail term for a probation violation to the seven days he had already served since the rear-swatting.

THE ASSOCIATED PRESS

Chad Johnson appears in court on Monday in Fort Lauderdale, Fla. THE ASSOCIATED PRESS

CFL

Brown among 8 Riders released

The Saskatchewan Roughriders released eight players, including sophomore quarterback Levi Brown on Monday. The Buffalo Bills selected Brown in the seventh round of the 2010 draft before releasing him in September 2011. Brown signed with Saskatchewan in March 2012.

The Riders also placed offensive lineman Patrick Neufeld and linebacker Mike McCullough, both Canadians, on the nine-game injured list.

THE CANADIAN PRESS

Champs to chokers? LeBron's legacy on the line

The Heat return to Miami down 3-2 in the NBA Finals with a chance to rally to a championship on their home floor. ERIC GAY/THE ASSOCIATED PRESS

LeBron James has been here before, with dire results.

It was two years ago, the end of the first season of "Big Three" in Miami. The situation: Heat down 3-2, hosting Game 6 of the NBA Finals, only two home wins separating them from a title.

Then, thud.

James had six turnovers in Game 6, the Heat were outscored by 24 with him on the floor, and the Dallas Mavericks became champions. Now, here comes the same situation. Down 3-2, and back at home for Game 6 of the finals against the San Antonio Spurs on Tuesday, Miami needs two wins in three days or else it will be watching someone else end the season with a party on its own floor.

Big game James

31.1

LeBron James' points-per-game average in games the Heat have been down in a series or faced elimination over the last two seasons. He has shot 53 per cent and added 10.6 rebounds and 5.4 assists in such contests.

"We're going to see if we're a better team than we were our first year together," James said.

We're also about to see how much James has grown since 2011. If Miami loses, it'll be widely perceived as James' failure. If the Heat win, his status as the game's best player becomes even more cemented.

"Our next challenge, biggest challenge, will be Tuesday night," James said. "We have an opportunity on our home floor with our home fans to keep the series going, and we look forward to it." THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
As far as you are concerned, there is no such thing as a lost cause and you will prove it today. The first rule of success is to believe it is possible and, one way or another, your belief will make it a fact.

♉ Taurus
April 21 - May 21
Not everyone shares your sense of humour, so watch what you say today. If you offend the wrong person, it might adversely affect your professional situation.

♊ Gemini
May 22 - June 21
Make the most of the Sun's last few days in your sign to show what you can do. Not that you won't be able to show it after the Sun has moved on, but at the moment you are positively glowing.

♋ Cancer
June 22 - July 23
You don't need to change a thing in your life. Just keep to the path you are already travelling. The great thing about Cancer is you have staying power: Once you start something, you don't stop.

♌ Leo
July 24 - Aug. 23
It's not like you to cling on to something you don't need but that is what you appear to be doing. The tighter you hold on to it, the more it will hurt when it is taken away. Give it up.

♍ Virgo
Aug. 24 - Sept. 23
The eyes of the world are on you now and what you do over the next few days could change your life in meaningful ways. Believe you can be the biggest and the best.

♎ Libra
Sept. 24 - Oct. 23
Don't listen to people who try to tell you that you are going about something the wrong way. Your instincts tell you a different story and your instincts are never wrong.

♏ Scorpio
Oct. 24 - Nov. 22
Someone may possess something you want but don't let your envy show. It's quite likely that from their point of view, you are the one who to be envied. Grass always looks greener on the other side.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone will offer you something for nothing today and although you will be tempted to take it, you may hesitate in case there's a catch. Rest assured it's not a trick.

♑ Capricorn
Dec. 22 - Jan. 20
Life may be a bit dull at the moment but in a matter of days you will be so busy you may long for some tedium again. Too bad, you won't get it. If you want to move up in the world you've got to work hard.

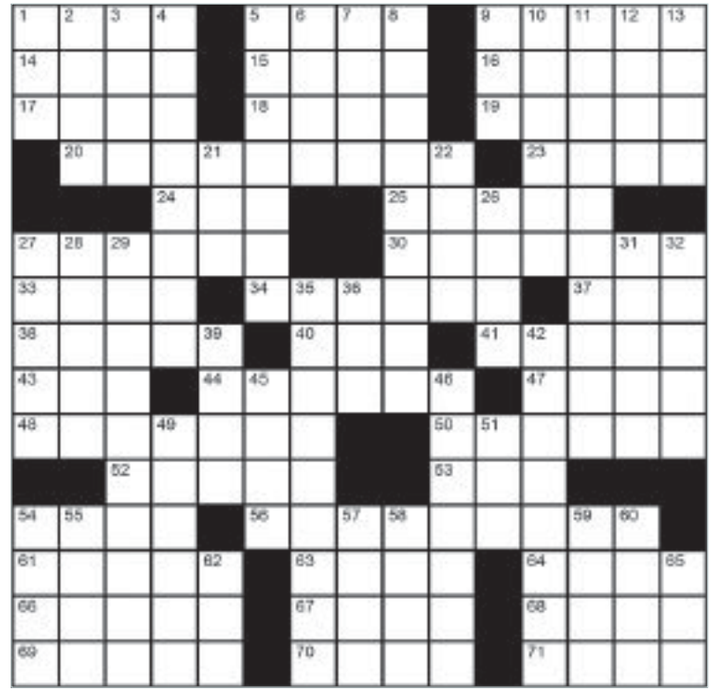
♒ Aquarius
Jan. 21 - Feb. 19
You have nothing to fear and everything to look forward to. Anything of a creative nature will work well for you today, and even better tomorrow. Don't follow the herd.

♓ Pisces
Feb. 20 - March 20
If you have fallen behind in your schedule, this is the ideal time to catch up. Once you make the effort to start you won't want to stop, not until you are finished at least. You may end up working through the night. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



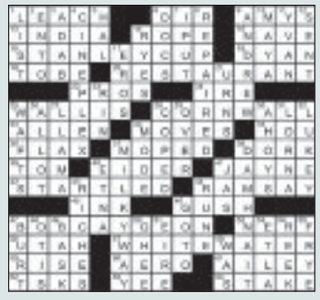
Across

1. Premier of Saskatchewan, Brad __
5. Car rental company
9. Gulf War missiles
14. Ms. Perlman
15. Suit piece
16. Vietnam's capital city
17. New York baseball player, for short
18. Canadian author Mr. Miller
19. Sprite-like
20. Southeast-of-Winnipeg city in Manitoba
23. Contact __ (Vision corrector)
24. Norse Myth: Underworld goddess
25. Gold measurement, variantly
27. Hold back
30. Kettle's sounder
33. Ms. Ephron
34. Nearly
37. Really long time
38. Purse material
40. Brouhaha
41. Mrs. '__ Goes to Paris (Paul Gallico novel)
43. Cousin of -ette
44. Roamers
47. Architect Mr. Saarinen
48. Securing: 2 wds.
50. More furious
52. Pub game
53. "Monsters, __." (2001)
54. Component, as of a process
56. Some office devices
61. Gangly
63. Pack _ __ (Get ready to vacation)
64. Lindsay Lohan's mom
66. Mr. Shaw (Famed clarinetist)
67. Rock's __ Straits
68. Surrounded by
69. "Hey! That __ funny."
70. Sporty TV network
71. Units of a gym user's sety

Down

1. Like some humour
2. Detective's sound effects
3. Loaned
4. Thunder Bay university
5. Anne of Green Gables setting
6. Action word
7. Madonna hit: "La __ Bonita"
8. St. John's-born singer Kim
9. Particular pronoun
10. Opera legend Maria
11. '__ and alive' ...how Joni Mitchell felt in "Free Man in Paris"
12. Bump off: 2 wds.
13. Breaks a Commandment
21. Roadside mil. hazard
22. Triumphant laughs
26. Ms. MacNeil
27. Map detail
28. Ho-hum hair hue
29. Canadian food brand, __ Choice
31. France's longest river
32. Belgian painter, James __
35. Wild house party 'hat', perhaps
36. Annual telethon org.
39. Civil or Electrical, e.g.
42. BC's provincial tree, Western __ __
45. Ins and __
46. Bit
49. Serviette
51. Meaning of: &
54. Deli side dish
55. Charlottetown-born singer Ms. MacLean
57. Baseball stats
58. Wild West's Wyatt
59. Frost
60. Prune
62. Even so
65. Promos

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	8	3	4	6	5	9	2	7
6	7	2	1	9	3	5	8	4
9	4	5	8	7	2	3	1	6
2	1	4	5	3	8	7	6	9
3	9	6	7	2	1	4	5	8
7	5	8	6	4	9	2	3	1
5	6	7	3	8	4	1	9	2
4	2	1	9	5	6	8	7	3
8	3	9	2	1	7	6	4	5

Today
25°/14°
Partly cloudy
Wednesday
26°/14°
Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
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On select new models

PLUS UP TO **$4,000**** IN MANUFACTURER REBATES

2013 F-150 5.0L amount shown

PLUS **$500**† 120 HOUR BONUS

On select new 2013 F-150, Edge, and Focus models

2013 **F-150**

0% PURCHASE FINANCING FOR UP TO **72** MONTHS* PLUS **$4,000**** IN MANUFACTURER REBATES

PLUS $500 120 HOUR BONUS†

on most trims

2013 **EDGE**

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PLUS $500 120 HOUR BONUS†

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